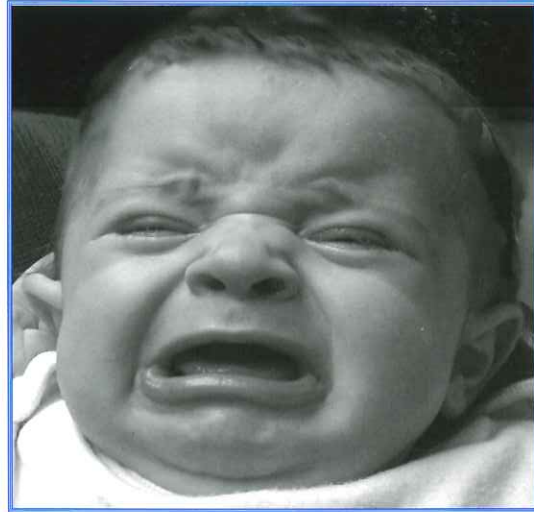


CRYING!



Just doing what comes naturally

You know your baby will cry, but do you know how frustrating listening to that crying can be?

Shaken Baby Syndrome (Abusive Head Trauma) happens when a frustrated caregiver loses control and violently shakes a baby. Shaking a baby is very dangerous and can cause blindness, seizures, learning and physical disabilities and even death.

Try the following tips to help comfort your crying baby:

- Give the baby a warm bath.
- Swaddle the baby in a soft blanket.
- Have the baby listen to and watch running water.
- Lay the baby tummy-down across your lap and gently pat his back.
- Run the vacuum cleaner.
- Give the baby something new to look at or hold.
- Take the baby outside or for a walk in the fresh air.
- Take the baby for a ride in a car.

Remember, these tips won't work every time. Try other ideas and ask for help if you need it.

As you try to survive your baby's crying times, it is comforting to know that infant crying is normal and will eventually stop.

Normal Crying

- Crying increases and peaks around 2 months of age.
- Crying happens more in the evening.
- Crying lasts 30 – 40 minutes and even longer.
- Crying babies may look like they are in pain, but they may not be.
- Crying continues no matter what you do.
- Crying comes and goes for no reason.

***Remember:** If your healthy baby cries a lot it doesn't mean that there is anything wrong with you or your baby.*

Tips to calm yourself

- Do something to take a break from the sound.
- Listen to relaxing music.
- Take a hot bath or shower.
- Exercise.
- Call a friend or relative.

***Remember:** There will be times that when you get frustrated. If you feel yourself getting angry, put the baby in a safe place and take a moment to deal with your own stress.*

National Center on
Shaken Baby
Syndrome

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For more tips on coping with crying, please visit:
www.purplecrying.info

Statewide 24-Hour Parent Helpline: 1-800-CHILDREN

NEVER SHAKE A BABY OR YOUNG CHILD

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